

## ALLEMANDE LEFT



This intermediate activity uses a fun weaving motion borrowed from square dancing. The hands become a visual target as participants weave from one person to the next. Allemande Left also engages the vestibular system because the peripheral vision is disturbed by passing objects. You could combine this activity with other musical themes for a dance day, such as a class with Country-Western Heel and Toe, Box Steps, Step-Together-Steps, and Step-Together-Step-Turns.

### ***Benefits »***

- Integrates many systems and aspects of balance and movement.
- Introduces visual targets.
- Challenges the vestibular system.

### ***How to Do It »***

Explain that this is a square-dance activity. Partner up participants, one pair for each side of a square. Here are some calls and cues you can use:

- Bow to your partner. (Partners bow.)
- Bow to your corner. (Corners bow.)
- Allemande left. (Participants turn away from each other and weave around the square, clasping hands with each person.)
  - Watch for the next hand—it's your visual target until you grasp it.
  - Clasp one hand, and then look on to the next hand.
  - Keep weaving your way around the square and back to home.
- All promenade. (Partners link arms and walk in a circle until back to home.)
- Allemande right.
  - The next hand is your visual target.
  - Watch for the hand—see the hand and target it until you grasp it.
  - Keep moving around the square, spotting the next hand.
- All promenade! (Partners link arms and walk in a circle until back to home.)



### ***Give It More Balance »***

Advanced: Add a do-si-do, a pass-and-return square-dance movement. Participants pass shoulders around their corner or opposite person. This movement is advanced because it involves backward walking on the way home.

### ***Keep It Safe »***

This activity can get a little confusing really fast. People may hurry to keep up. Keep the pace slow enough that participants are comfortable.

### ***Live It »***

Allemandes are a series of handshakes with friends that make balance training, and handshakes, more fun.